

Claims

1. Training trousers, for use particularly in training improving muscular condition, to increase the stress of the training and including additional weights,  
5 **characterized** in that the additional weights (3) are formed of rubber or plastic-based sheet material that essentially conform to the shape of the wearer's body and are located in the trousers on both sides and also at least partially on the front and back sides of the thighs as essentially uniform plates.
- 10 2. Training trousers according to claim 1, **characterized** in that the sheet material (3) is equipped on at least one side with fabric or cloth attached to it, which, if desired, can having padding properties.
- 15 3. Training trousers according to claim 1, **characterized** in that the sheet material (3) is equipped with cuts or slits, in order to improve flexibility and comfort.
- 20 4. Training trousers according to any of the above claims, **characterized** in that the pieces (3) of sheet-like material forming the additional weights are located in pocket-like parts of the apparel, which can if necessary be opened/closed.